

SENIOR SERVICES RESOURCE STAFF



Se habla español

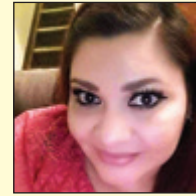
VERONICA GARCIA
303-651-8716

veronica.garcia@longmontcolorado.gov



AMY PAYAN
303-774-4372

amy.payan@longmontcolorado.gov



Se habla español

MELISSA LOSINO
303-651-8654

Melissa.Losino@longmontcolorado.gov

Seniors Resource Specialists are available for:

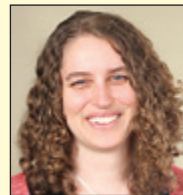
- Assisting older adults age 55+ and family caregivers of older adults in locating and accessing resources and services such as housing and in-home care
- Navigating systems such as Social Security and/or Medicaid
- Completing forms and applications for various benefits, services, and programs
- Applying for financial support when eligible and appropriate

SENIOR SERVICES COUNSELING STAFF



Brandy Queen, a licensed professional counselor, is available for:

- Individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults: up to twelve free, confidential counseling sessions.
- Matching older adults with a Senior-to-Senior Peer Counselor volunteer who also offers individual counseling and a variety of support groups. Peer Counselors are experienced, trained, and supervised volunteers who provide support and understanding from one senior to another.



*Seniors Counselor and
Resource Education Coordinator*
BRANDY QUEEN, LPC
303-651-8414

brandy.queen@longmontcolorado.gov

- Facilitating or coordinating a number of support groups
- Managing dementia-friendly educational activities and programs
- Organizing a variety of education programs about resources

BOULDER COUNTY AREA AGENCY ON AGING

Visit the comprehensive website at

www.BoulderCountyHelp.org or call the Aging and Disability Resource Line at **303-441-1617** (Bilingüe) press #4 for the Area Agency of Aging, and then press 3 for information & resources or Email: **infoADRC@bouldercounty.org**



**Also: Weld County
Area Agency on Aging (AAA)**

General AAA information: **970-346-6950**

Information and Assistance:
970-346-6952

Website: **www.welddaaa.org**

**Larimer County
Area Agency on Aging (AAA)**

Helpline: **970-498-7750**

Website: **www.lcoa.networkofcare.org**

View Categories at the website to explore options such as:

- Services at Home
- Caregiver Resources
- Legal Support
- Health & Medical
- LGBTQ+ services and programs
- Transportation and Driving
- And many more!
- On the website, scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide, Care Connections newsletter, and other helpful information

RESOURCE INFORMATION, PROGRAMS & SERVICES

CAREGIVER SERVICES

for friends or family members caring for an older adult include:

Call Brandy Queen at 303-651-8414 for information about the following:

- **Caregiver consultations and family meetings:** Referrals & information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
- **Respite & Companion Volunteer Program and Respite Assistance referrals:** Volunteers matched with older adults who live alone or with a family caregiver provide respite, a friendly visit, and a caring connection. Respite Assistance funds can help pay for respite care for a caregiver.
- **Social Groups and Educational Programs** for family caregivers and those living with dementia (see Health & Wellness section of the GO).
- **Caregiver Support Groups** provide information and support for family caregivers; no registration required:
 - **1st Monday, 6:00 – 7:30 p.m. at Senior Center**
 - **2nd Tuesday, Noon – 1:30 p.m. (Alzheimer's Assn. group) at Senior Center**
 - **4th Tuesday, 1:00 – 2:30 p.m. (Alzheimer's Assn. group, meets at Longs Peak United Methodist Church at 1421 Elmhurst Dr, Longmont)**
 - **LGBT Support Group for Caregivers is forming** – If you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Hours are 8:30 a.m. to 3:00 p.m., Monday – Friday. After you have registered, you can access other services and programs, Call 720-864-6600.

FINANCIAL

Medicare Counseling

Medicare Counselors provide objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights, and appeals. For assistance or to schedule an appointment, call 303-441-1546. Medicare Counselors also offer monthly Medicare Basics classes at the Longmont Senior Center. Call the Senior Center at 303-651-8411 to sign up. Current dates are listed in the General Interest section of The GO. You can learn more about Medicare at www.medicare.gov or 1-800-633-4227.

Social Security

Social Security – <http://ssa.gov/> or 1-800-772-1213; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9:00 a.m. – 4:00 p.m Monday, Tuesday, Thursday, and Friday. Wednesday hours are 9:00 a.m – 12:00 p.m.

Reverse Mortgage Information

Call the Boulder County Housing and Financial Counseling Program at 720-564-2279

SUPPORT GROUPS

Please contact us for any updates

Adjusting to Life's Changes:

Contact Brandy if you'd like to know when this group will be offered next. 303-651-8414

Alcoholics Anonymous (open meeting)

Tuesdays, 7:30-8:30 pm Triple S Group

Congestive Heart Failure Support Group

4th Tuesday, 5:00 – 6:00 pm at the Senior Center. Monthly meetings with topics for those with heart failure and their loved ones. Call Renita Henson for questions, 303-651-5080.

Grandparents Raising Grandkids Kinship Support Group

1st Monday, 6:00-7:30 p.m.
Call Martha Wilson at 303-441-1205

Grief Recovery Support Group

Contact Brandy if you'd like to know when this group will be offered next. 303-651-8414

LGBT Older Adults in Boulder County

Social and aging resources for LGBT (lesbian, gay, bisexual and transgender) older adults, includes a monthly newsletter, regular groups (Coffee Klatch and Supper Club), and an annual holiday celebration. Call Boulder County Area Agency on Aging, 303-441-4518, or infoLGBTelders@bouldercounty.org. Confidentiality maintained.

Low Vision

2nd Friday, 10:30 – 11:30 a.m.

Contact: CPWD at 303-790-1390

Multiple Sclerosis Group

2nd Monday
Self Help Group: 6:00 – 7:30 p.m. Call 970-482-5016

Parkinson's

2nd Wednesday, 10:00 - 11:30 a.m.
Meets at Longs Peak United Methodist Church,
1421 Elmhurst Dr., Longmont
Contact: Parkinson's Association at 303-830-1839

Money Management Program

Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call Amy 303-774-4372.

Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

Fraud, Financial Abuse, & Consumer Complaints

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see www.bouldercounty.org/district-attorney/community-protection

HOUSING INFORMATION

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716 or Amy at 303-774-4372, or come to a housing information session. On the 1st and 3rd Tuesday each month from 1:00 – 3:00 pm the Senior Center.

A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at www.bouldercountyhelp.org; includes all cost levels for independent assisted living, and long term care.

Housing Rehabilitation Programs

The City offers several programs for home improvement and access. Call Molly McElroy at 303-774-4648. Some programs require owner occupancy.

- The General Rehab Program & Weatherization

Makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.

- The Accessibility Program - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.

- The Emergency Grant Program - helps with emergency repair to major systems that unexpectedly fail, including furnaces and/or water heaters.

- Mobile Home Repair Program

Landlord-Tenant Services

The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Call 303-651-8444 or email cnr@longmontcolorado.gov.

FOOD ASSISTANCE

Carry-Out Caravan - A free grocery shopping & delivery service for people 60+. To place your order, call 303-241-4426 on MONDAY between 8:00 a.m. and 3:00 p.m. Cultivate volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

Eldershare - Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of \$1,354 per month for a family of one, \$1,832 for two. Call 303-652-3663 for an application and information.

Home-delivered Meals - Meals on Wheels delivers meals to the homebound Monday – Friday. Call 303-772-0540 one day in advance and for information on fees and menus.

Lunch at the Senior Center - Meals are served Monday – Friday, 11:30 a.m. – noon. Call 303-772-0540 for menus and fees. Reservations are not required.

LEGAL

Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org

Law Clinics – Law Clinics are cancelled until further notice. For further information, call Community and Neighborhood Resources at 303-651-8444

IN-HOME SERVICES

In Home Services – a list of in-home providers of both medical home health care and non-medical personal care is available online at www.bouldercountyhelp.org. You can also ask for a copy at the Senior Center front desk.

Audio Information Network of Colorado -

Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

Book Delivery Service – If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Kirsten at the Longmont Library 303 – 774 – 4439 or email program staff at library_homebound@longmontcolorado.gov for more information.

Fix-It Folks – Volunteers are available to come to your home to make minor repairs and install grab bars. Call Cultivate at 303-443-1933 ext. 414.

Well Connected is an award-winning program of Covia offering activities, lifelong learning, friendly conversation, and support groups. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or www.covia.org/services/well-connected.

FREE Medical Equipment Loan – See telephone referral list on the back inside cover of The GO for a list of local organizations who may be able to provide you with a free walker, wheelchair, raised toilet seat or other equipment.

Telephone Check-in Service – Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call Always Best Care at 1-855-710-2255

VETERANS SERVICES

Veterans Service Office - The Boulder County Veterans' Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 720-864-6663.

Boulder Vet Center - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

Cultivate's VetsGO Program –Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414

Advance Directives Planning (Living Will, 5 Wishes, MDPOA, etc.) See the Health and Wellness section of The GO catalog for a listing of monthly classes.

Rocky Mountain Legal Center – A non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

RESOURCE INFORMATION, PROGRAMS & SERVICES

SAFETY

City of Longmont Emergency ALERT -

If police & fire had to reach you in an emergency, could they?

Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. You can sign up yourself at <http://longmontcolorado.gov/news/city-emergency-alert>.

Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

Frauds and Scams – see the Financial section of this Resource Guide for more information.

Report Elder Abuse – The County's Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. **Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency call 911.** For more information, you can also see <https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/>

File of Life - If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards at the Senior Center front desk.

Lockbox Program - Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, Police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or further information.

Prescription Drug Disposal - Do not flush unused medications. See your pharmacy for safe drug disposal.

Do Not Call Registry: Consumers may register online at The National Do Not Call Registry, www.donotcall.gov, or by calling toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

Longmont Fire Department Smoke Detector Program – Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call 303-651-8501 for more information.

TRANSPORTATION

A full list of Transportation resources can be found at www.bouldercountyhelp.org Resource Guide, Transportation & Driving Issues section. If you are concerned about someone's driving or would like driver training, please see the Mature Driver Training listing on that site.

Transportation Services

Via – provides many transportation-related services:

- **Door-to-door, wheelchair accessible transportation in Longmont and surrounding communities.** Ride requests can be made from 1 to 7 days in advance. Fares within Longmont are \$5 one-way; from Longmont to other towns \$10. Same-day rides may be possible if space is available. To schedule a ride:
 - ▶ **New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with **VIA**.
 - ▶ **Current riders:** Call 303-447-9636, or go to www.viacolorado.org for information on how to request your ride on-line.
 - ▶ **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
 - ▶ **Mobility Specialists** can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1014
- **Mileage Reimbursement Program** reimburses trips provided by family, friends, and neighbors for rides outside Via's service area or service hours. Trips must be preauthorized for registered Via riders by calling 303-447-9636.
- **Travel Training:** One-on-One, comprehensive individual and group instruction prepares seniors and people with disabilities to safely and confidently use RTD and Call-n-Ride buses. Call 303-447-2848, ext. 1048 to learn more.

FlexRide (formerly Call-n-Ride) Longmont

For Longmont FlexRide information, to schedule a ride, or to register as a new rider call 303-994-3551 or 303-994-3552. Once you are registered as a rider you can also schedule your rides on line at www.rtd-denver.com. Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.30 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

Ride RTD - Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

- For trip planning go to LongmontBus.com or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit https://youtu.be/nFv_jESDcYo
- To learn about the RTD Special Discount card visit www.RTD-Denver.com or call 303 298-2667.

Car Sharing: call 303-720-1185 or email info@carshare.org

GO GO Grandparent - Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of \$0.27 a minute in addition to the cost of the ride.

Transportation for Veterans - See Cultivate's VetsGO program in the Veteran's Services section of this Resource Guide.

Transportation in other areas:

- Berthoud Area Transportation: call 970-532-3049 for BATS or visit www.berthoud.org. For rural Berthoud transportation, call 970-532-0808 or www.berthoudraft.org.
- Weld County Transportation: https://www.weldgov.com/departments/human_services/area_agency_on_aging and view the Helpsource Directory. Also check out 60+ Ride which is based in Greeley, 970-352-9348 or SRSweld.com